



Belmont Plaza Pool

4000 E. Olympic Plaza
Long Beach, CA 90803
(562) 570-1806

Winter-Spring 2009

The following schedule is
effective March 2 - through June 14, 2009.
All schedules and fees, subject to change.

FEES: Swim fee per entry.

Youth (17 years and under):	\$2.00
Adults (18 – 49 years):	\$3.00
Seniors (50 years and over)	\$2.00

Swim Passes valid for 25 visits are also available.

Youth & Seniors: \$45.00 Adult: \$70.00

PUBLIC SWIM HOURS:

Activity	Days	Time
Lap Swim	Mon/Tue/Wed/Thu/Fri	5:30 AM – 9:00 AM
Adult Recreation & Lap Swim	Mon/Wed/Fri	11:00 AM – 1:00 PM
Adult Recreation & Lap Swim & Parent-Child Swim	Tues. & Thurs.	11:00 AM – 1:00 PM
Children must be accompanied by a parent in the water during this session.		
Adult Lap Swim	Mon/Tue/Wed/Thu/Fri	4:00 PM – 7:00 PM
Four shallow end lanes available during this session, circle swim required.		
Lap Swim	Saturday	10:00 AM – 12:00 PM
All Ages Recreation Swim	Saturday	12:00 PM – 2:00 PM
Swimming gear is not allowed at this time (kickboards, pull-buoys, etc.)		

Swim meets and special events may cause changes to this schedule.
Call the pool at 570-1806 for more information or check the website at:
http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

WEIGHT ROOM

We offer a full set of Universal equipment and two Lifecycles. The weight room is open during the same hours as the above open swim sessions. Fee is same as pool entry, which includes pool use. Users must be 18 years or older and must wear closed toe shoes and T-shirts.

WATER EXERCISE CLASSES

Looking for a new style of exercise? This is for you! It can help you slim down and shape up. These one-hour classes are offered on an on-going basis. Fee is \$35.00 for a fitness pass valid for 10 classes. Passes are interchangeable. Walk-in fee is \$4.00 per class.

Shallow Water Exercise:

Mon/Tue/Wed/Thu/Fri	8:00 AM – 9:00 AM
Tues. & Thurs.	6:00 PM – 7:00 PM

Deep Water Exercise:

Mon/Tue/Wed/Thu/Fri	6:30 AM – 7:30 AM
Saturday	10:30 AM – 11:30 AM

PRIVATE AND SEMI-PRIVATE SWIMMING LESSONS

Private: One instructor to one student. Ten 30-minute lessons for \$170.00;

Nine for \$153.00; Eight for \$136.00 depending on session dates.

Semi-Private: One instructor to two or three students. Ten 30-minute lessons for \$117.00; Nine for \$105.30; Eight for \$93.60 depending on session dates.

Private and Semi-Private Lessons are offered on MW, T/TH, Fridays or Saturdays. Please call 570-1886 for information regarding this program.

City of Long Beach - Department of Parks, Recreation & Marine

We create community and enhance the quality of life through people, programs and partnerships.

SWIMMING LESSONS

Classes meet either Monday and Wednesday or Tuesday and Thursday. Youth classes are 30 minutes in length. **Registration** for classes will be taken at Belmont Plaza Pool during regular scheduled hours on a first-come, first-served basis, **beginning at 9:00 AM, Saturday, November 29, 2008.** If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session. Only cash, money orders or personal checks made payable to the **City of Long Beach** are tendered at the pool. Online and telephone registration is available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://registration.lbparks.org> to register online or call (562) 570-7171 for TTR. A family PIN number and credit card payment is required for telephone registration.

SWIMMING LESSON SESSION DATES & FEES

	<u>Monday/Wednesday</u>	<u>Tuesday/Thursday</u>
Session 2 (7)	March 30-April 20	March 31-April 21
Session 2 Fees:	Youth Classes- \$33.60	Adult Classes-\$37.10
Session 3 (9)	May 11-June 10	May 14-June 11
Session 3 Fees:	Youth Classes- \$43.20	Adult Classes-\$47.40

Summer registration begins Saturday, May 29, 2009 at 9:00 AM.

Parent & Child Classes (9 months to 3 yrs)

<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
47460	47678	M/W	4:00pm
47461	47679	T/Th	6:30pm

Learn to Swim: Tiny Tot Levels 1, 2 & 3 (ages 3 to 5 yrs)

(Must progress through each level before proceeding to the next, and so on...)

<u>Tiny Tot 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47473	47684	M/W	5:00pm
	47474	47685	T/Th	4:30pm

<u>Tiny Tot 2</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47476	47687	M/W	4:30pm
	47478	47689	T/Th	5:00pm
	48767	47690	T/Th	6:00pm

<u>Tiny Tot 3</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47480	47691	M/W	4:30pm
	47482	47693	T/Th	5:30pm

Learn to Swim: Levels 1, 2, 3, 4, 5 & 6 (ages 6 to 12 yrs)

(Must progress through each level before proceeding to the next, and so on...)

<u>Level 1</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47424	47659	M/W	4:00pm
	48768	48769	M/W	5:30pm
	47426	47661	T/Th	4:00pm

<u>Level 2</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47429	47433	M/W	5:00pm
	47431	47435	T/Th	4:30pm

<u>Level 3</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47438	47668	M/W	6:30pm
	47440	47670	T/Th	5:30pm

<u>Level 4</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47443	47446	M/W	5:30pm
	47444	47447	T/Th	4:00pm

<u>Level 5-6</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47449	47451	M/W	6:00pm
	47450	47452	T/Th	5:00pm

<u>ADULTS</u>	<u>Session 2</u>	<u>Session 3</u>	<u>Day</u>	<u>Time</u>
	47422	47657	M/W	6-7pm
	47423	47658	T/Th	6-7pm